

Dear Fellow State Employees:

On the WOW website this month:

1. NUTRITION: Find resources for healthy eating. NEW: Our Recipes page with features from prior WOW News, and links to websites with healthy recipes.
2. FITNESS: Ever think of trying a stability board for strengthening and balance?
3. EMPLOYEE HEALTH & FITNESS DAY is May 18th: Find resources to help you prepare.
4. MEN'S HEALTH: Men, are you ready for spring and summer? Link to resources on cycling, fishing, golfing, sailing, tennis, and other information for men.
5. WOMEN'S HEALTH: Link to information about Women's Health Week, and other resources for women.
6. WOW NEWS: Share and read wellness success stories. Find a good recipe.
7. WOW CONTEST: Be a winner!
8. FITNESS CLUB & PEDOMETER DISCOUNTS: NEW this month through August 1st – CURVES for Women http://www.michigan.gov/documents/CurvesApril05_120290_7.pdf Men - BLITZ for Men is still available in Battle Creek, Canton, Chelsea, Livonia, Pinckney & Livonia http://www.michigan.gov/documents/BlitzDiscount04_104143_7.pdf . Please see our Fitness Club Discounts page for other fitness facilities.
9. Link to the Michigan Surgeon General's "Michigan Steps Up" website, which offers a wealth of resources and tools to help you work on your wellness.
10. Check the archived WOW Pages.

This month there are two events that celebrate an active lifestyle, and your participation is a great way to get in shape for summer. Please click to go directly to our May WOW website www.michigan.gov/mdcs/0,1607,7-147-22854_24290---,00.html or go to www.michigan.gov/mdcs and click on Employee Benefits, then Employee Health and Wellness for many more ideas on getting and staying healthy.

Congratulations Tom Hall of MDCS! You are the April WOW Contest Winner. Prize: A Pedometer. Thanks to all contest participants. Please try again next month if you have never been selected a winner.

MAY OBSERVANCES:

May 18, 2005 is National Employee Health and Fitness Day, created to promote the benefits of physical activity at the work site. Here are some simple ways to get healthier at work:

- Take the stairs instead of the elevator.
- Plan a healthy salad luncheon with your coworkers.
- Have a walking meeting.
- Stand up, stretch and move often.
- Walk on your breaks.
- Don't try to find the closest parking space.
- Practice deep breathing exercises regularly.

<http://www.advocatehealth.com/gshp/services/ob/preconception/deepbreathing.html>

Some of the many benefits in having a healthier lifestyle are a more pleasant work environment, increased self esteem, weight reduction, less depression and stress relief. For more ideas on how to celebrate Employee Health and Fitness Day, check our website.

National Physical Fitness and Sports Month is another fitness event in May. The President's Challenge is a program that encourages all Americans to make being active part of their everyday lives. No matter what your activity and fitness level, the President's Challenge can help motivate you to improve. Sign up online <http://www.presidentschallenge.org/> to take the President's

Challenge or call 1 800-258-8146, M-F 8-5 (EST) for information. You can also use tips from this program for worksite fitness ideas.

More Events:

May is High Blood Pressure Education Month, sponsored by the National Heart, Lung and Blood Institute. http://hin.nhlbi.nih.gov/nhbpep_kit/steps.htm

6 steps recommended by the NHLBI to reduce your risk of developing high blood pressure:

- Maintain a healthy weight.
- Be physically active at least 30 minutes every day.
- Eat a diet low in saturated fat and high in fruits and vegetables.
- Decrease sodium in your diet.
- Drink alcohol in moderation (limit to 1 drink a day for women, 2 for men).
- Take prescribed drugs as directed.

May 8-14 is National Women's Health Week

National Women's Health Week (sponsored by the Department of Health and Human Services) raises awareness about steps women can take to improve their health. The focus is on the importance of incorporating simple preventive and positive health behaviors into everyday life. For more information go to <http://www.4woman.gov/> or call 1-800-994-WOMAN (1-800-994-9662) (1-888-220-5446 for the hearing impaired) M-F, 9-6 EST.

Food Allergy Awareness Week is also the week of May 8-14

Eight common foods account for 90% of all food-allergic reactions:

- [Milk](#)
- [Egg](#)
- [Peanut](#)
- [Tree nut](#) (walnut, cashew, etc.)
- [Fish](#)
- [Shellfish](#)
- [Soy](#)
- [Wheat](#)

It's estimated that approximately 11 million Americans suffer from true food allergies. This website <http://www.foodallergy.org/> offers allergy alerts, allergy free recipes and the latest allergy news, (or call 1 800 929-4040).

National Arthritis Month

Lifestyle choices such as diet and exercise have a big impact on your joints. Would you like to know if you're at risk for developing arthritis and what things you can do to prevent it? Find out by taking the quizzes on this website <http://www.arthritis.org/conditions/JointHealth/Quiz/default.asp> or call: Arthritis Answer" at 1 800 568-4045.

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